

# Positive Affirmations

Read the prompts and complete the sentences about you.

1) I am proud of myself because...

---

---

2) One thing I like about myself is...

---

---

3) Something kind I did for someone else was...

---

---

4) A strength I have is...

---

---

5) I feel happy when I...

---

---

6) I am getting better at...

---

---

7) A challenge I overcame was...

---

---

8) I help others by...

---

---

9) Today I am grateful for...

---

---

10) One thing I did this week that made me feel proud was...

---

---